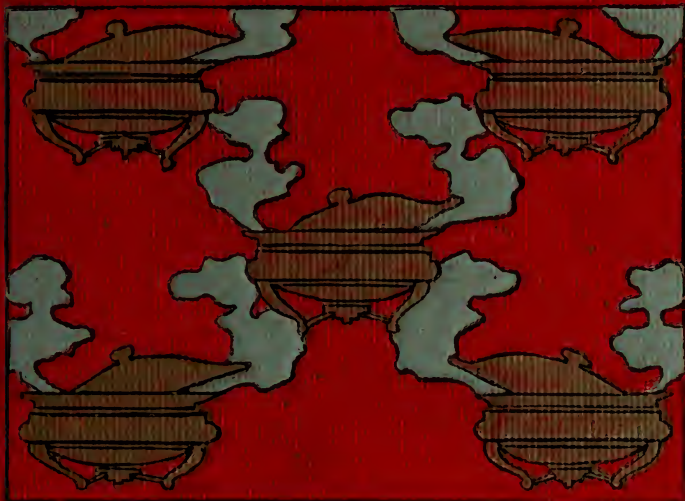



THE 三
CONVALESCENT'S
RECEIPT BOOK



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The
Convalescents' Receipt Book

The Convalescents' Receipt Book

By a Trained Nurse
Grace Franklin Osgood



Boston
L. C. Page & Company
M D C C C C 3 3

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Indorsements.

I HAVE examined the following receipts prepared and compiled by Miss Osgood, and believe them to be a valuable addition to the sick-room dietaries heretofore in use. Miss Osgood is a thoroughly practical nurse. I take pleasure in commending this work in the highest terms.

WM. C. BRAISLIN, M. D.

INDORSED by
J. FREEMAN ATWOOD, M. D.

ALL receipts have been thoroughly tested by the author.

Introduction.

IF the partaking of "daily bread" is an event of interest to one in good health and surrounded by the usual activities of life, it can readily be understood that to a patient confined within four walls and suffering from disease or its consequent weakness, the question of food assumes a magnified importance.

THE stomach of a person who is ill and inactive from any cause is nearly always sensitive, and as a certain amount of nourishment must be taken into the system in order that body and soul may be kept together, the serving of such food as will tempt, please, and nourish the sick one is obviously quite as well worth study as is the administering of medicines.

TO the nurse this question must be largely left, except in extreme cases, when

the diet is prescribed by the physician, and the nurse is held responsible by the physician for the nourishment taken by the invalid. It must be sufficient, it must be appetising, and, above all, it must conform to the demands of the stomach of the patient.

THE task of serving such food in suitable variety is certainly not an easy one, and it is especially difficult for the amateur caretaker who has not had the instruction and experience of a trained nurse.

THE usefulness of this book does not end, however, in the sick-room. Many of the rules will suggest new and dainty dishes for the family table, and refreshing drinks for evening entertainments.

THE receipts that follow, prepared after many years of study and experiment, are offered with the confidence that they will prove a boon to nurse and invalid alike.

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Drinks.

"How well my comfort is revived by this!"

— Romeo and Juliet, iii. 3.

Drinks.


Baked Milk.

PUT two quarts of fresh milk in a jar and cover with white paper, tightly tied down. Bake in a moderate oven ten hours. It will then be thick like cream, and can be easily taken by weak stomachs.

Blackberry Brandy.

TH EAT six quarts of blackberries over the fire till they break; strain; let the liquor come to a boil, then add thrèe pounds of sugar and boil hard fully five minutes. When cold add one quart of brandy. Bottle, and cork well, putting tin-foil over the cork.

Champagne Punch — Cold.

 ONE pound granulated sugar.

Two bottles hock.

One bottle Burgundy.


Two bottles champagne.

A few slices of fresh pineapple.

Two oranges, peeled and sliced.

Put the mixture in a bowl, cover well, and leave in the coldest part of the ice-box until required. Serve in punch glasses with cracked ice.

Champagne Punch — Frozen.

 FREEZE two quarts of lemonade, and just before serving add one quart of champagne. Serve in punch glasses.

Champagne Punch — Hot.



NE quart strong tea.

Four bottles claret.

One bottle port wine.

One bottle cognac.

One bottle champagne.

Two pounds sugar.

The juice of two lemons.

Heat all together without boiling. Keep tightly corked or covered, and heat as desired.

Cherry Bounce.



UT two quarts of wild cherries, stems and pits, in a stone jar. Pour over them one quart of cider-vinegar. Cook and set aside for two days. Then drain off the liquor without crushing the cherries, pour it over a quart of fresh fruit, and again let it stand as before. Repeat this process, then strain, and to every pint of liquor add one pound of sugar. Boil slowly five minutes. Bottle and seal.

Claret Punch.

A QUART of claret.
Two lemons, sliced.

Sugar to taste.

A large piece of ice.

Serve from punch-bowl. If desired, a little Jamaica rum may be added last.

Cranberry Water.

BOIL the cranberries with half their weight in sugar and half their measure in water. Simmer half an hour and strain. Cool and drink with cracked ice as desired.

Cranberry Wine — Unfermented.

SCALD five quarts of cranberries until the skins burst. Strain through a fine cloth. Make a syrup of two pounds of sugar and one quart of water. Mix while hot and add enough water to make four quarts. Seal tight.

Currant Shrub.

EAT the desired quantity of currants until the juice runs freely; then squeeze the juice through a cheese-cloth bag. To each quart of liquid add three quarters of a pound of sugar and one quart of brandy or Jamaica rum. Stir until the sugar is dissolved. Add the liquor last. Strain, and when cold, bottle and seal. Serve with cracked ice or diluted with ice water.

Egg Lemonade.

TWO eggs.
Juice of two lemons.

One cup of snow or pounded ice.

Sugar to taste.

Beat the yolks of the eggs light, and add sugar and lemon juice. Turn all into the ice or snow and thin slightly with cold water. Whip the whites of the eggs to a stiff froth and beat all together as quickly as possible. This should be served immediately.

Egg-nog.

SEPARATE the yolk of one egg from the white and beat each very light. Add to the yolk a glass of cold milk, a tablespoon of sugar, a little grated nutmeg, and vanilla to taste. (Whiskey or brandy may be substituted for vanilla.) Add the beaten white of the egg and stir as little as possible.

Grape Wine.

BRUISE the grapes, which should be perfectly ripe. To each gallon of grapes add one gallon of water, and allow the whole to stand one week. At the end of that time draw off the liquor carefully and add to each gallon three pounds of sugar. Let it ferment, and then cork it tight. In about ten weeks it will be ready for use.

Grape Wine — Unfermented.

SCALD twenty-five pounds of grapes with just enough water to prevent their burning. When they burst open set aside, and when cool strain and add four pounds of sugar. Bring it to a boil and seal tight.

Milk Punch.

ONE glass of milk.
Two tablespoons brandy or whiskey.
Sugar to taste.

Mix the milk and sugar together and add a little grated nutmeg. Add the liquor last.

Orange Brandy.

PUT twenty large oranges in a glass jar with four pounds of crushed loaf sugar, two gallons of pale brandy, and a little cinnamon. Let stand three weeks, stirring gently occasionally, but do not bruise the oranges. At the end of three weeks strain off the liquor and cork.

Wild Cherry Brandy.

SIX quarts wild cherries.

One gallon French spirits.

One gallon water.

One and one-half pounds rock candy.

Boil the water and candy, and allow the syrup to cool. Put the cherries, syrup, and spirits in a jug and seal well. It will be ready for use in six weeks.

Broths.

"I smell it! Upon my life it will do well."
— 1 Henry IV., i. 3.

Broths.

Beef Broth.

WASH well two pounds of lean beef cut in small pieces, and put to boil in three quarts of cold water. Skim frequently while boiling, and when reduced to one quart take from pot and strain. Return to pot with half a pound of lean beef chopped fine and well mixed with three raw eggs. Beat all together and return to fire. Boil half an hour, or until clear, then strain and season to taste.

Beef Tea — No. 1.

CUT one pound of lean beef into small squares. Wash thoroughly. Put in a Mason's jar with a scant cup of cold water. and stand the jar in a pot of cold water on the back of the stove. Allow to simmer three hours. Season to taste as used.

Beef Tea — No. 2.

CUT into small pieces the desired quantity of fresh, lean beef, and boil half an hour with enough water to cover the meat. Season.

Beef Tea — No. 3.

SOAK the beef in cold water for twenty minutes. Boil hard half an hour in the same water. Season to taste.

Clam Broth — No. 1.

TO open clams, place them in a pan or tray and pour boiling water over them. Take them out as fast as they unclose, that you may save all the liquor. For the broth select small clams. Use both the clams and the liquor, and add about an equal quantity of water, or enough to modify the fishy taste. Stew ten minutes, removing the scum. Season with butter, pepper, and, if necessary, salt; strain, and serve hot.

Clam Broth — No. 2.

USE two separate pots, one for the clams, the other for milk. To twelve clams use one pint of milk. Bring to a boil the clams and liquor, and the milk, removing the scum from the former, and seasoning the milk with pepper and butter. Then strain the liquor from the clams and turn slowly into the milk. Serve at once, as it is apt to curdle if allowed to stand.

Chicken Broth.

CUT the fowl into quarters. Lay in salted water one hour. Remove and place in three quarts of water, bringing it very slowly to a boil. Boil gently until liquor has diminished one-third. Remove chicken. Season the liquor, bring it to a boil, and strain. Stir a cupful of hot milk slowly into two beaten eggs, then add the mixture to the broth, stirring slowly. Half this quantity is sufficient to serve an invalid two or three times.

Chicken Tea.

CUT in small pieces a medium-sized fowl from which all the fat and skin have been removed. Boil in one quart of water half an hour. Season with pepper and salt.

Cream Broth.

TO one pint of boiling water add half a cup of sweet cream, a small lump of butter, and a little salt and pepper. Thicken slightly with corn-starch dissolved in cold milk or water. When ready to serve, remove from fire, and whip in quickly one raw egg. Serve at once.

Mutton Broth.

COVER about four pounds of mutton with cold water. Simmer, not boil, nearly all day, or until the meat is in shreds. Strain, and cool over night in ice-box. Then carefully remove all grease. Keep the jelly on ice, and when required use two tablespoons to one quart of boiling water. Salt to taste.

Oyster Broth.

HEAT in one pot the oysters and their liquor, and in another the desired quantity of milk. Allow both to come to a boil, removing the scum from the oysters, and seasoning the milk with butter, pepper, and salt. Strain the liquor and turn it slowly into the milk. This may be thickened slightly with a tablespoon of cracker dust, if desired.

Raw Beef Tea—No. 1.

TO one ounce of beef, taken from the top of the round, add two tablespoons of cold water. Let it stand fifteen minutes. The water will then be coloured with meat juice. Use no salt or seasoning. This should be served cold, but if that is not advisable, warm slightly. On no account must it boil, as it will then curdle. Only a small quantity of this should be made at a time, as it sours very quickly.

Raw Beef Tea—No. 2.

CUT up the beef. Soak eight hours in cold water. Press and strain. Use as directed.

Raw Beef Juice.

SEAR the beef over a hot fire on both sides, and press out the juice. This should not be seasoned, except for infants.

Gruels.

"Do you like the taste?"

— 1 Henry VI., iii. 2.

Gruels.

Arrowroot Water.

TO half a pint of boiling water add two teaspoonfuls of arrowroot dissolved in cold milk. Season with salt or sugar. A little lemon juice may be added if desired.

Barley Gruel.

STIR two tablespoons of barley into one quart of boiling water, and boil from one to two hours. Add small pinch of salt. Strain and sweeten to taste. Milk may be added if desired.

Farína Gruel.

STIR one tablespoon of farina into one pint of boiling water. Boil ten minutes and season with salt. For infants sugar may be used instead of salt. If a richer gruel is desired, milk or cream may be added.

Flaxseed Tea.

USE half a cup of flaxseed to one quart of boiling water. Boil thirty minutes, and let it stand near the fire to thicken. Strain and add lemon juice and sugar to taste.

Oatmeal Gruel.

TWO tablespoons of oatmeal.
One-fourth teaspoon salt.

A small lump of butter.

One quart boiling water.

Boil one hour. Strain and serve with or without milk or cream and sugar.

Oatmeal Water.



NE tablespoon oatmeal.

One half a lemon.

One tablespoon of sugar.

Pour over this one quart of boiling water
and let it stand three hours. Strain.

Toasts and Cereals.

"I think you'll force me to become your patient."

— *Shackerley Marmion, The Antiquary, iii.*

Toasts.


Beef Toast.

TOAST a slice of bread, not too thick to a delicate brown. Use beef juice as prepared in "Raw Beef Juice No. 2," and pour over the toast while hot. Serve immediately.

Buttered Toast.

TOAST the bread to a delicate brown, and butter. Cover and set in the oven for about three minutes to absorb the butter. Keep covered until eaten.

Cream Toast.

 ONE-half cup cream.


One-half cup milk.

One-half teaspoon salt.

A small lump of butter.

Melt the butter and add enough sifted flour to make it stiff. Mix the milk, cream, and salt and pour slowly over the butter and flour, keeping the mixture smooth by stirring. When thickened, strain and pour over toast. Serve hot.

Milk Toast.

 OAST the bread, remove the crusts, and slash the edges with a knife. Dip the edges in hot salted water. Make a cream of milk thickened with corn-starch and seasoned with salt and butter. Pour over the toast and serve hot. The thickening may be omitted if desired.

Toasted Crackers.

SOAK crackers in milk till they begin to swell. Then remove them and drain. Lay them crust side down in a buttered pan; bake in a hot oven ten minutes, or until they are brown; butter, and serve at once in a napkin on a hot plate.

Cereals.

Arrowroot.

STIR one tablespoon of arrowroot into one pint of milk. Serve hot with butter (or cream) and sugar.

Farina.

INTO one pint of boiling water or milk, stir thoroughly and slowly four heaping tablespoons of farina. Boil ten minutes; salt to taste. Serve cold or hot, with sugar and cream, butter and sugar, or syrup.

Farinose.

STIR slowly one small cup of farinose into one quart of boiling milk. Salt to taste. Boil fifteen minutes and serve as desired.

Homíny.

TO one part of hominy use five parts of salted water. Cook two hours, or until tender.

Oatmeal.

TO one pint of salted boiling water, add one-half cup oats. Cook in a double boiler half an hour. Serve with cream, with or without sugar.

Pettíjohn's Breakfast Food.

“Bear Brand.”

STIR gradually into two-thirds salted boiling water, one-third of breakfast food. Boil fifteen minutes, stirring as little as possible. If a double boiler is used no stirring is necessary. Serve with sugar and cream.

Boiled Rice.

THOROUGHLY wash the rice. Put it in a double boiler with five times its measure of cold salted water, and cook about an hour or an hour and a half, or until tender.

Steamed Rice.

ONE quart milk.
Two-thirds cup rice.

Salt to taste.

Put in cups and set in a steamer over boiling water. Cook until the rice is almost a jelly. When cold turn out and serve with cream and sugar.


Samp.

SOAK over night one cup of samp in three cups of water. In the morning drain, and put in a double boiler with salt and four cups of hot water. Boil from five to six hours. Serve hot, with cream and sugar.

Spawn.

TO one quart of boiling salted water add one cup of Indian meal. Boil two hours in double boiler, and serve with sugar and cream, or syrup.

Wheatena.

 ONE pint boiling water.
One-half teaspoon salt.

One-half cup wheatena.

Stir the wheatena into the salted water very slowly, taking care that it does not lump. Cook half an hour. Serve hot, with cream and sugar.

Eggs.


"Neither fish, nor flesh, nor good red herring."
— *Heywood's Proverbs.*

Eggs.

Boiled Eggs.

DROP the egg into boiling water by a long-handled spoon, but do not cover the egg with water or it will burst. For soft boiled eggs cook three minutes; medium, three and one-half minutes; hard, five to ten minutes.

Bread Omelette.

 ONE cup fine bread crumbs.

One cup rich milk.

One tablespoon melted butter.

Three eggs.

Mix the crumbs, milk, and butter together, add the eggs, well beaten, and stir all together with a fork, until light. Finish like plain omelette.

Chicken or Ham Omelette.

CHICK the cold cooked chicken very fine. Prepare the omelette as for plain omelette; add the chicken to the yolks and finish with the whipped whites. Ham omelette can be prepared in the same manner.

Creamed Eggs.

BOIL the eggs hard from fifteen to twenty minutes. Let stand in cold water a few minutes, remove the shell, and slice. Boil half a cup of milk, a lump of butter, salt and pepper; thicken to the consistency of rich cream with corn-starch dissolved in cold milk. Pour the sliced eggs in and allow to stand on the back of the range till ready for use. Serve on buttered toast, hot.

Eggs — À la Newburg, No. 1.

ARRANGE on a heated dish six hard boiled eggs, cut in halves. Put one tablespoon each of butter and flour into a saucepan, and when melted and smooth, add two-thirds of a cup of milk. When boiling remove from the fire, and add the yolks of two eggs, well beaten. Bring to scalding point; add a small teaspoon of salt, a dash of pepper, and two tablespoons of sherry. Pour over the eggs, and serve at once.

Eggs — À la Newburg, No. 2.

CUT six hard boiled eggs in halves, and remove the yolks. Mash the yolks with two tablespoonfuls of rich cream, half a teaspoonful of salt, a dash of pepper, and a tablespoonful of finely chopped ham or chicken. Mix all together well and fill the whites, serving with sauce as in Newburg No. 1. Garnish with parsley. Serve hot.

Eggs — Escalloped.

SIX hard boiled eggs.
One-fourth pint of cream.
Butter the size of an egg.
A little parsley chopped fine.
One half tablespoon flour.

Mix the cream, butter, and flour and cook until thick. Place in a buttered baking dish alternate layers of sliced egg and bread crumbs seasoned with salt and pepper, until the dish is filled, having a layer of crumbs and bits of butter on the top. Mix the cream and parsley together and pour over the whole. Bake in a quick oven till brown.

Eggs — Omelette, No. 1.

BEAT required number of eggs very light. Season. Add a tablespoon of sweet cream for each egg used. Drop a tablespoon of butter into a hot frying-pan, and when melted turn in the omelette. Cook until brown underneath; fold, and turn out on a hot dish.

Eggs — Omelette, No. 2.

PREPARE the omelette as in "Omelette No. 1." Turn into a well-buttered dish or cake-pan, and bake in a quick oven fifteen to twenty minutes.

Eggs — Omelette, No. 3.

PLACE the whites and yolks of eggs in separate dishes. Beat the yolks very light, and for each yolk add one tablespoon cream. Turn yolks into hot buttered pan. Beat whites to a stiff froth and spread on the top of yolks. Set it back from the hottest part of the stove, and let it stand three minutes. Cut in halves and fold together.

Eggs — Oyster Omelette, No. 1.

MAKE an omelette of two eggs, two tablespoons milk, and a pinch of salt. Turn into a hot buttered pan, and let it stand. When the omelette is ready to turn, place four or six medium sized oysters in the centre, roll carefully to avoid breaking, and allow omelette to stand where it will not burn, until the oysters are heated through.

Eggs — Oyster Omelette, No. 2.

STEW one-half dozen or more oysters in small quantity of liquor. Remove oysters and add butter, salt, and pepper; thicken slightly. Chop oysters fine, and add them to the sauce. Beat together until very light two eggs, two tablespoons cream or milk, and a pinch of salt. Fry in hot butter. Turn out on a dish, and pour sauce over omelette. Serve at once.

Eggs — Oyster Omelette, No. 3.

MAKE an omelette, allowing for each egg one tablespoon of milk or cream, and a pinch of salt. Chop very fine a few oysters, and mix in the omelette. Fry in hot butter, and serve on a hot dish.

Eggs — Poached, No. 1.

BREAK an egg into a cup, taking care not to bruise the yolk. Turn into a pan of boiling salted water and with a spoon pour water over egg, until there is a film over the top and the white is firm. Place the egg on a well-browned slice of toast; season with pepper; serve hot.

Eggs—Poached, No. 2.

SEPARATE white from yolk; beat the white to a froth, add a pinch of salt, and turn into a pan of salted boiling water. When thoroughly cooked, place on a slice of buttered toast. Drop the yolk into the same water, cook three minutes, and place it unbroken in the centre of the white. Season with pepper and serve.

Eggs — Poached, No. 3.

BEAT separately the whites and yolks of the eggs, add a pinch of salt to yolks. Beat all together and turn into a pan of boiling water. If cooked in muffin rings it is more tempting. Serve with or without toast.

Eggs — Quirled.

BOIL the eggs hard fifteen minute. Remove from shells, chop the whites very fine, and mix with a cream made of three tablespoons of milk, a pinch of salt, and a small piece of butter. Thicken with corn-starch dissolved in cold milk. Spread a layer of the prepared whites on a slice of buttered toast, then add a layer of the yolks, passed through a fine sieve. Continue in this way until all the egg is used. Season with pepper and set it in the oven until heated through. Serve as soon as possible.

Egg — Raw.

CUT the yolk of an egg into a bowl with a tablespoon of lemon or orange juice, add one tablespoon sugar and beat all together. Whip the white to a stiff froth. Mix the white in the yolk as quickly and lightly as possible. Serve at once. Brandy or milk may be used in place of fruit juice.

Eggs — Scrambled.

BEAT eggs light, add a pinch of salt, and turn into a hot buttered pan. Stir constantly until all is thickened and curdled. Serve as soon as possible.

Eggs — Steamed.

BREAK the eggs into a buttered dish, set inside a steamer over a kettle of boiling water and steam until the whites are thoroughly cooked and firm. Season with butter, pepper, and salt.

Eggs — Stuffed.

CUT off the tops of hard boiled eggs and carefully remove the yolks with the handle of a spoon. Cut off the other end of the eggs so that they will stand, then fill with the following mixture: the white meat of a cold chicken chopped fine, a small piece of melted butter, a pinch of salt, the yolks of the eggs and one teaspoon of cream for each egg used. If eaten cold, garnish the dish with parsley, but if hot, serve with drawn-butter sauce.

Fish.

*“ This dish of meat is too good for any but anglers
or very honest men.”*


— Walton. Compleat Angler.

Fish.

Clams — Creamed.

WHIP one-half a pint of cream to a stiff froth. Open a quart of clams, separating them from juice. Pour a little cold water on the clams and turn them into a double boiler to heat through. Mix one tablespoon of flour in a pan, with one tablespoon butter. When melted, add the whipped cream, and part of the strained liquor. Stir gently till smoking hot. Drain the clams and turn them into the sauce.

Clams — Cream Fritters.

 ONE pint of cream.

Three eggs.

Twelve clams.

One and a half teaspoons baking-powder.

Two cups flour.

Salt to taste.

Strain the juice of the clams and mix with the cream, eggs, salt, baking-powder. and last, flour. Chop the clams and mix them into the batter. Fry quickly and drain on brown paper to remove the grease.

Clams — Escalloped.

TWELVE clams.

One-eighth cup of the liquor.

One-half cup cracker crumbs.

One-fourth cup milk.

One beaten egg.

One-half tablespoon melted butter.

Salt and pepper.

Mix together first the milk, liquor, egg, butter, and cracker crumbs, and season highly with salt and pepper. Add the clams chopped fine. Wash and butter six clam shells and fill with the mixture, sprinkling the top with bread crumbs. Cook until brown and serve in shells.

Clam Fritters.

ADD the liquor of twelve clams to one pint of milk, three well-beaten eggs, salt, and as much flour as is needed to make a thin smooth batter. Chop the clams, and stir them into the batter. Fry in very hot lard.

Clams — Minced.

TWENTY-FIVE clams.

Two tablespoons butter.

Two tablespoons flour.

One gill cream.

Salt and pepper.

Melt the butter, add the flour, and mix until smooth. Then add the clams, chopped fine, with half a pint of their liquor. Cook fifteen minutes. Just before serving, add the cream and bring to a boil.

Clams — Raw.

WASH and scrub thoroughly the smallest clams obtainable. Open the clams, leaving them in the half shell, and serve on a plate covered with a doily and filled with cracked ice. Garnish with lemon and parsley.


Clams — Steamed.

WASH the outside of shells carefully. Place clams in a kettle on top of stove or in a pan in the oven, with enough water to keep vessel from burning. When they open, serve in shells with melted butter, pepper, salt, and lemon.


Frogs' Legs — Broiled.

PREPARE the frogs' legs as for frying. Wash and dry well. Butter all over, and lay on a buttered broiler over a slow fire. When browned, season with butter, salt, and pepper. Serve on buttered toast.

Frogs' Legs — Fried.

 ONLY the hind legs and quarters are eaten. They come from the market dressed, and ready for use. Wash thoroughly, dip in egg and cracker crumbs, fry in hot lard or butter, and season with pepper and salt.

Oysters — Creamed.

 O one-half tablespoon butter melted in a saucepan, add one heaping tablespoon flour. Cook a few moments, and stir in, gradually, one cup hot milk. Season with salt and pepper. Wash, and carefully pick over one pint of oysters, boil them in their own liquor, then drain and add to the cream. If necessary, thin with a little strained oyster liquor.

Oysters — Devilled.

TWELVE oysters.
One tablespoon cream.

Yolks of two eggs.

One tablespoon butter.

One tablespoon flour.

One-half tablespoon chopped parsley.

One-half teaspoon salt.

Pepper to taste.

Strain the liquor and place over the fire with the oysters. As soon as it boils remove the oysters and chop fine. Return them to the liquor and add the butter, seasoning, cream, parsley, and flour (thinned a little with cold water). Last, whip in the eggs. Butter the oyster shells and fill, having a layer of bread crumbs on top. Let them stand in the oven ten minutes.

Oyster Fricassee.

TWELVE oysters and their liquor.
One-half cup milk.

One-half wine glass cooking sherry.

Yolk of one egg.

Butter, pepper, and salt.

Cook the oysters in their own liquor, having already the milk in another kettle. When the milk boils add the oysters, liquor, wine, and seasoning, and thicken with flour mixed with a little cold milk. There should be flour enough to make a thick cream. Serve at once. Remove from the fire and beat in the egg to prevent curdling.

Oysters — Fried.

WASH and drain six or more large oysters. Beat up one egg and dip each oyster first in egg then in cracker dust. Fry in hot fat or butter. Serve with parsley and slices of lemon.

Oysters au Gratin.

CHOP fine the yolk of a hard boiled egg, mix with a little salt, pepper, and one ounce of bread crumbs. Place in a buttered dish alternate layers of mixture and oysters, till all is used up, the top layer being of bread crumbs dotted thickly with butter. Pour a little of the oyster liquor and cream if possible over the preparation. Cover and bake twenty minutes.

Oysters — Minced.

CHOP twelve oysters very fine. Add two beaten yolks of eggs, a cup of bread crumbs, salt, and pepper. Drop this batter in hot fat by the tablespoon, and fry a delicate brown. Remove to a piece of brown paper to drain off the grease. Serve hot.

Oysters — Steamed, No. 1.

PUT the oysters with their liquor into a saucepan, and cook until they look plump, shaking the pan frequently to prevent burning. Drain off the liquor and season with salt, pepper, and a little butter. Serve on slices of toast with small pieces of lemon.

Oysters — Steamed, No. 2.

WASH thoroughly the outside of shells. Place in a kettle with enough water to prevent burning. Cover tight. Cook until the shells open. Serve in the shells with pepper, salt, and butter, and garnish with parsley and quarters of lemon.

Soups.

*“ Muse, sing the man that did to Paris go,
That he might taste their soups, and mushrooms
know.”*

— W. King, Art of Cookery.

Soups.

Asparagus Cream Soup.



NE bunch asparagus.

One pint water.

One-half an onion, chopped.

One tablespoon butter.

Two tablespoons flour.

One-half pint cream.

One teaspoon salt.

Pepper to taste.

Wash and scrape the stalks, using only the tender parts. Cut in half-inch lengths, and cook in water until tender. Mash the stalks, and add to them a sauce made of the milk boiled with the butter, seasoning, and onion, and thickened with flour. Allow the sauce to boil up once after mixing it with the asparagus. Add the cream, but do not let it boil again. Strain, and serve on small squares of buttered toast.

Barley Soup.

TO one pint boiling water add one tablespoon barley cooked until tender, and two cups milk. Season to taste, and strain after boiling up twice.

Bouillon.

FOUR pounds beef.

Two pounds bone.

Two quarts cold water.

One tablespoon salt.

Four peppercorns.

Four cloves.

One tablespoon mixed herbs.

Wash the meat and bones, add the water, and heat slowly. Season, and simmer two hours. Boil down to three pints, strain, and remove the fat. Keep in a cold place.

Celery Soup.

TO one-half pint of strong beef tea add an equal quantity of boiled milk, thickened slightly but evenly. Boil twenty minutes with the white stalks of a bunch of celery. Add butter, salt, and pepper. Strain before serving.

Clam Soup.

TWENTY-FIVE clams and their liquor.

One quart water.

One-half teaspoon pepper.

Four cloves.

One teaspoon butter.

Two tablespoons flour.

One-half pint cold milk.

One-half pint cream.

Separate the clams from the liquor, and cut in quarters. Strain the liquor, add the clams and the water, and boil five minutes over a hot fire. Set it on the back of the stove until the clams settle and a thick scum is formed. Skim until soup is clear, then add the seasoning, and thicken with

the flour mixed with a little cold water. Boil once more, and as soon as the soup thickens remove from the hottest part of the stove, and add the milk and cream. Keep the soup hot, but do not allow it to boil again. Serve at once.

Mock Bisque.



NE can tomatoes.

Three pints milk.

One tablespoon flour.

One tablespoon butter.

One small teaspoon soda.

One teaspoon salt.

Pepper to taste.

Stew the tomatoes till tender. Mix the flour with enough of the milk to make a smooth paste, and boil the rest of the milk. Then add to the milk the flour, butter, and seasoning, and when thickened remove from the fire, and strain into it the tomatoes. Bring it once more to a boil. Then add the soda, and serve at once.

Mock Turtle Soup.


BOIL a calf's liver and heart with a knuckle of veal for four hours, skimming well; then strain. Chop the meat fine, and add to it a chopped onion, salt, pepper, and ground cloves to taste. Thicken a little with flour and cook a few minutes over a hot fire. When ready to serve pour the soup over the yolks of four hard boiled eggs, cut up, and a few slices of lemon.

Ox-tail Soup.

CUT up two ox-tails, separate them at joints, wash, and put in a stew-pan over a hot fire. Add a pint of water, and cook until juices are extracted. Cut up two carrots, two white turnips, three small onions, one leek, one small bay leaf, a small quantity of savoury, herbs, and celery, twelve whole peppers, and four cloves. Fill up the pan with five pints of water; simmer gently, and skim well. Add one tablespoon salt and boil four hours. When

the meat seems tender, strain, thicken with a little flour, and flavour with two table-spoons catsup.

Pea Soup — Cream.

 ONE pint of shelled green peas.
Three cups milk.

One tablespoon butter.

Two tablespoons flour.

One cup cream.


Salt and pepper to taste.

Cover the peas with cold water, and cook until tender. Remove half of them, and pass the remainder through a sieve, together with the water in which they were boiled. Scald the milk, add to it the butter and flour rubbed together until smooth, and the mashed peas, and stir until the soup thickens. Just before taking from the fire add the remainder of the peas, the cream, and the seasoning.

Pea Soup — Split.

WASH and soak one cup of split peas in two quarts of water over night. In the morning put into a kettle with a large piece of salt pork and one quart of good soup stock. Simmer five hours, then strain, and return to fire with a small lump of butter; salt and pepper. Serve with croutons made of toasted bread cut in small squares.

Potato Soup.

 ONE cup mashed potatoes.
One quart milk.

One egg.

One tablespoon flour.

Two tablespoons butter.

Salt and pepper.

When mashing the potatoes add the seasoning. Heat the milk, thicken with flour, and stir in the potatoes and butter. Strain, and beat in the egg. Serve hot.

Rice Soup.

THREE ounces rice.
Two eggs.

One quart rich soup stock.

One-half pint cream or milk.

Boil the rice in the stock until thoroughly cooked. Strain out half the rice, boiling the rest with the stock fifteen minutes longer. Heat the cream, and pour it into the rice and stock. Remove from the fire and beat in the eggs. Heat once more, but do not boil.

Tomato Purée.



NE can tomatoes.

One quart water.

Butter size of an egg.

One pint boiling milk.

One teaspoon corn-starch.

One-half teaspoon soda.

Salt and pepper.

Boil tomatoes, water, butter, and seasoning together five minutes. Strain, and add the boiling milk and corn-starch. Return to fire and heat through. Before serving stir in the soda.

Tomato Soup.

BOIL one can of tomatoes fifteen minutes with one bay leaf, one stalk celery, and half a small onion. Strain, and add one quart of stock, and bring again to boiling point. Season with salt, pepper, and one tablespoon sugar. Just before serving stir in one-fourth teaspoon soda. If desired the soup may be thickened by stirring in one tablespoon flour rubbed smooth with one tablespoon butter before adding the soda.

Meats.

"Bid them cover the table, serve in the meat."

— Merchant of Venice, iii. 5.

Meats.

Beef — Creamed.

PICK into small pieces the dried beef, cover well with cold water, and par-boil in a frying-pan. After scalding, drain, and cover with cold milk. Let this come to a boil ; then thicken with flour and water to the consistency of rich cream. Just before serving whip in briskly one or two eggs. Beat a minute or two, then serve at once, as the eggs will curdle if allowed to stand.

Beef — Scraped.

REMOVE all fat from one pound of tender lean beef and scrape to a pulp with a very sharp knife. Put into a saucepan with salt, pepper, and one tablespoon cold water, one tablespoon butter, and two tablespoons cream. Cook one minute, stirring constantly, then stir in one tablespoon cracker dust and cook three minutes longer. Serve at once.

Beef's Heart Stuffed.

REMOVE all the muscles from a well-washed beef heart. Parboil and stuff with a dressing of moistened bread crumbs, a small onion, salt, pepper, sage, and thyme. Tie it well, and rub salt on the outside. Place in pan with a few slices of bacon or plenty of butter and one-half cup hot water. Cook in a very hot oven till done, basting frequently.

Beefsteak — Broiled.

FLATTEN the steak with the broad side of a knife or beefsteak pounder, and broil on a buttered gridiron over a clear fire. Lay on a hot dish; season with salt, pepper, and plenty of butter. Gash here and there, and pour two or three table-spoons of boiling water over the steak.

Calf's Brains Creamed.

PARBOIL the brains, blanch, and cut into small pieces. Cook together one tablespoon flour, one tablespoon butter, one teaspoon salt and one-half pint milk. When the sauce is smooth, put in the brains and cook three minutes. Remove to back part of fire and beat in one egg. Serve at once on buttered toast.

Calf's Brains Sauté.

THOROUGHLY wash and hand parboil the brains in water with one teaspoon vinegar fifteen minutes. Remove and skin. Break them up and mix with a fork to a paste with one beaten egg, pepper, and salt. Have ready in a pan some hot butter, and carefully drop brains into the pan by the spoonful. Fry a delicate brown. Turn gently. Serve while hot.

Chicken — Broiled.

THOROUGHLY wash and clean the fowl. Split up the backs and dry, afterward buttering all over. Put over a medium fire on a buttered gridiron. Turn frequently. When a delicate brown, serve, well seasoned with butter and salt.

Chicken — Chopped.



NE pint chicken meat.

One-fourth pint cream.

Two tablespoons butter.

Two tablespoons flour.

A little chopped parsley.

Melt the flour and butter ; pour on the cream gradually, and work until smooth. Stir in the parsley and chicken, and cook from five to ten minutes. Serve on toast.

Chicken — Creamed.



NE chicken.

One pint milk.

Two tablespoons corn-starch.

One-half teaspoon salt (scant).

Butter size of an egg.

One egg.

Remove all the bones and pick the meat fine. Bring the milk, salt, and butter to a boil, and thicken with the corn-starch dissolved in a little cold milk or water. Add the chicken and boil a minute, stirring constantly. Just before serving drop in the egg and whip quickly to prevent curdling. Serve on buttered toast. Either fresh or canned chicken may be used.

Chicken Croquettes.



CHOP the chicken, take one-fourth as much bread crumbs, one egg to each cupful of meat, pepper and salt, with

enough gravy to moisten the whole slightly. Roll with floured hands into small balls. Dip in beaten eggs and cracker crumbs and fry in hot lard a rich brown.

Chicken Cutlets.

CHOP the meat of one chicken fine. Measure and for each pint of meat add one-half pint chopped mushrooms. Measure again and for each pint allow one-half pint of stock, one large tablespoon butter, two large tablespoons flour, and the yolk of one egg. Rub the flour and butter together, and stir slowly into the hot stock until it thickens; then add the yolk of the egg. Remove from the fire and add the chicken, one teaspoon salt, pepper, one teaspoon onion juice, and one tablespoon parsley chopped fine. When cold cut and dip in egg and cracker crumbs and fry in hot fat. These can be served with a cream sauce.

Chicken — Devilled.

DICK, singe, and clean a plump young chicken. Wash thoroughly. Rub over it one teaspoon salt, dot thickly with small pieces of butter, and place in a hot oven breast side up. Baste frequently. Put the giblets in a saucepan with enough cold water to cover, one teaspoon salt and one small onion, boil until perfectly tender, and chop fine. As soon as the chicken is done remove it to a hot dish, skim the fat from the gravy, add one-half cup of hot water, and thicken. Turn the giblets into the gravy and cook a few moments; then pour over the chicken and serve. Garnish with parsley.

Chicken — Escalloped.

MELT together one tablespoon butter and one tablespoon flour, and add to one pint of milk; boil till thickened; season. Have one pint of chopped chicken in a well-buttered earthen dish and pour the sauce over it. If desired, one tablespoon of chopped parsley may be added. Bake until brown in a very hot oven.

Chicken — Fricassee.

CLEAN, wash and cut up the chicken. Partly cover with boiling water. Set over a fire and simmer with a piece of salt pork until tender. When done remove the meat, season, and thicken the gravy. Just before serving beat an egg in the gravy and serve on toast. Rice may be cooked separately and added to garnish the dish.

Chicken — Fried.

CUT the breast and joints of a tender young chicken into four pieces; salt and pepper them, and pound flat. Dip each piece in egg and cracker crumbs and fry in butter a rich brown. Garnish with parsley or cresses.

Chicken — Jellied.

COVER a small chicken with water, and boil until the meat slips from the bones and the water is reduced to half a pint. Pick off the meat in good-sized pieces, removing all fat and bones. Skim the fat from the liquor and add pepper and salt to taste, with one-half an ounce of gelatine. When this dissolves pour over the meat. The liquor should be seasoned highly as the chicken absorbs much of the flavour. Put the mixture in a cool place in deep bowls to form.

Chicken — Minced.

REMOVE all the fat, skin, and bones from the chicken, chop fine, and add one tablespoon butter, one-half cup of cream, salt, and pepper. Stir gently until smoking hot. Serve on buttered toast.

Chicken à la Newburg.

CUT the meat of a cold boiled fowl in fine pieces. Melt together one tablespoon flour and one tablespoon butter. Add one pint good stock (made from bones of chicken) and boil a few minutes with two slices lemon peel, a morsel of mace, and a wineglass sherry or white wine. Strain and pour it over the chicken. Let all heat together. When hot remove the chicken to a hot dish and thicken the gravy with one egg beaten up with one wineglass cream. Heat once more, but do not boil after adding the cream. Pour over the chicken and serve hot.

Chicken Pattau.

WASH and joint a chicken. Lay in a pan six fat slices of bacon, two sprigs of parsley, one-fourth small onion chopped fine, and a good pinch of black pepper. When the fat has all been extracted, remove the bacon, and lay in the pieces of chicken, cooking till quite done and a delicate brown. Remove the meat and parsley and pour into the gravy one pint of hot water, thicken, and strain over the chicken.

Chicken Terrapin.

BOIL the chicken as for salad. When cold, cut or pick into small pieces, carefully removing all skin, fat, and bones. Put into a kettle with one-half pint of cream, one-fourth pound of butter rolled in a tablespoon of flour, pepper, and salt. Chop fine three hard boiled eggs and add one wineglass of sherry. When the chicken and cream have come to a boil, stir in the eggs and wine. After it has simmered a few minutes it will be ready to serve.

Chicken Toast.

BOIL two tablespoons cold chicken, chopped fine, in sufficient water to make a cupful of the whole. Thicken slightly with flour mixed with melted butter, season, and beat in one egg. Pour over a slice of toast and serve very hot.

Kidney — Stewed.

AFTER removing all fatty, veiny parts, rub the kidney with salt, and let it stand over night. In the morning drain and boil in three parts fresh water, and one tablespoon vinegar. Stew till tender, take out, and cut into small squares. Mix two tablespoons flour in cold water, stir into the gravy, season with pepper and salt. Return the kidney, and boil five minutes together. Serve very hot. If desired a small onion may be sliced, and cooked with kidney first.

Lamb Chops — Broiled.

BROIL French lamb chops over a quick fire. Season well, and serve garnished with parsley.

Lamb Chops — Glazed.

FASTEN together with a skewer six French chops, with the bones removed, and tie tightly together. Put them in boiling water, add a sliced onion, a sprig of celery and salt; boil hard five minutes, then simmer slowly one hour. Take out and cool. When cold, separate the chops and trim neatly. To make a sauce, heat one-half pint of cream, and add to it one-fourth box of gelatine that has been soaked a quarter of an hour in a little cold water. Stir the sauce until it begins to thicken; season with salt, pepper, and butter. Dip each chop in this, and lay on a dish. These will keep two or three days in a refrigerator. When used, serve with a mayonnaise of celery.

Mutton — Klapps of.

CHOP sufficient cold mutton to make a pint. Add one teaspoon salt, one-quarter teaspoon pepper, one-half cup bread crumbs, and two eggs. Mix and form into balls the size of an egg. Drop in boiling water, but set back for five minutes where they cannot boil. Lift carefully into a dish. Cover with a cream sauce of the following :

Sauce.

Thicken one pint of milk with flour and water, and season with salt and pepper, butter the size of a walnut. Remove to one side of the stove, and whip in one or two eggs quickly, then pour over the meat, and serve at once. Garnish with parsley, lettuce, or cresses.

Sweetbreads — Broiled.

LET the sweetbreads stand in cold water one hour, then transfer to boiling water into which has been put one spoon salt, and one tablespoon lemon juice or vinegar. Boil twenty minutes, remove, and plunge in cold water to stiffen. When cold, wipe, and rub salt and pepper on it. Wrap in one thickness of wrapping paper, and broil ten minutes. Butter and serve.

Sweetbreads — Creamed.

SOAK the sweetbreads in salted water one hour. Boil twenty minutes, then place in cold water until cold. Wipe dry. Cut in small pieces, and pour over them a rich drawn butter sauce. Serve on toast.

Sauce.

One-half pint cream.

Two tablespoons butter.

One teaspoon salt.

Two tablespoons flour.

Pepper to taste.

Bring to a boil the cream, butter, and seasoning. Thicken with the flour mixed with a little cold milk. Let it stand a few minutes; then serve on toast.

Sweetbreads — Fried.

SOAK the sweetbreads in salted water one hour, and boil in the same water ten minutes. Remove the outside skin, and dip in egg and flour. Fry in hot butter a deep brown, season, and serve.

Game.

*“Let’s carve him as a dish fit for the gods,
Not hew him as a carcass.”*

—Julius Cæsar, ii. 1.

Game.

Duck — Canvasback.

ROAST canvasback or any wild duck ten minutes in an oven; cool, divide into small pieces, and put in a pan with two tablespoons butter, two gills port wine, and a little currant jelly. Season with pepper and salt. Cover the pan and cook ten minutes.

Duck — Roast.

CLEAN and dress the duck. Stuff with bread crumbs moistened with water, and seasoned with salt, pepper, sage, thyme, and one small onion chopped fine. Put the duck in a dripping-pan with a cup of cold water, and baste frequently. When the duck is cooked remove it to a hot platter and add a teaspoon of salt and hot water to the gravy. Thicken with flour rubbed smooth with a little cold water. Serve with apple or cranberry sauce.

Cranberry Sauce.

Wash one quart of cranberries, and cover them with cold water. Boil until tender, sweeten and strain. Set aside to harden in moulds.

Partridge — Broiled.

DRESS the birds and skin them to remove the taste of game, which is often unpleasant to invalids. Split them up the back and wash well. Lay them open, breast side down, on a broiler over an even fire. Turn frequently until brown on both sides. Butter, season, and serve on well-buttered toast.

Pigeon — Braised.

SINGE, clean, and cut in halves one pigeon. Wash thoroughly and dust with flour. Heat two tablespoons olive oil in a pan, and brown the bird in it with the skin side down. Brown one tablespoon flour in hot oil and put it in a pan with a small piece of celery, one bay leaf, one slice of onion, one pint of stock, one-half teaspoon salt, and a dash of pepper. Put the bird in a pan and strain the sauce over it. Cover and simmer three-quarters of an hour.

Quail — Broiled.

PICK, singe, clean, and split the quail up the back. Remove the outside skin and wash thoroughly. Heat for a moment in an oven, then butter all over, and lay on a buttered broiler over a slow fire. When a delicate brown, season with salt, pepper, and butter, and serve on a slice of buttered toast.

Vegetables.

"How green you are and fresh."

— King John, iii. 4.

Vegetables.

Apples Fried.

SELECT large, firm apples ; wash, core, and cut in half-inch slices. Fry one-half pound bacon and when the fat is extracted remove to a hot dish. Turn out part of the grease for further use, leaving enough for the first panful of apples. Fry the slices of apple brown on both sides. Serve hot, garnishing dish with bacon.

Asparagus Creamed.

WASH, scrape, and cut off the tough ends of a bunch of asparagus, and place in boiling salted water. Boil from twenty minutes to half an hour. Arrange on toast and serve hot with drawn butter sauce.

Celery Creamed.

CUT the tender white parts of a stalk of celery into inch lengths, and stew until tender in salted water. Drain off at least half the water, and add one or one and a half cups of rich milk, and a lump of butter. Thicken slightly with corn-starch dissolved in cold milk. Serve on tiny slices of toast.

Macaroni Creamed.

BREAK twelve sticks of macaroni into one-inch lengths and boil in one quart salted water twenty minutes. Turn into a colander and drain. Make a cream of one tablespoon each of butter and flour rubbed smooth and added to one and a half cups of hot milk. When thickened, season and return macaroni to heat. A little grated cheese may be added just before serving.

Oyster Plant.

SCRAPÉ one oyster plant, cut into small lengths, and throw into cold water at once to keep from turning dark. Cook in boiling salted water one hour. Serve with a cream sauce.

Peas — Green.

SHELL and wash the peas, and cook from forty-five minutes to one hour in salted water. If the peas are not sweet add one teaspoon sugar. Drain off most of the water and season with butter, salt, and pepper. Serve hot.

Pilaf.

PUT two cups of water in a saucepan with a little salt and add the juice of two tomatoes. When the water boils add one cup rice and boil until all the water is absorbed; then add a large lump of butter. Serve hot.

Potatoes Baked.

WASH medium-sized potatoes and bake in a moderate oven for three-quarters of an hour to an hour. Pierce each potato with a fork when partly done to prevent bursting.

Potatoes Creamed.

CUT cold boiled potatoes into small dice. Cover them with milk and boil up once or twice. Season with pepper, salt, and butter. Remove to one side and thicken with a little flour and water.

Creamed potatoes may also be prepared by first boiling the small squares, then turning the milk on while they are hot, and continuing in the same way as above.

Potatoes — Escalloped.

BOIL and mash the potatoes with a little salt, butter, and milk. Melt two tablespoons butter and beat it in till light. Bake in patty-pans in a quick oven until brown. While hot, paint with butter and add a thick grating of cheese. The cheese may be omitted if preferred.

Potatoes on the Half Shell.

SELECT large, white potatoes, and bake until the skin is quite firm. Wipe carefully, and cut each potato in halves. Scoop out the insides and mash together with a hard boiled egg chopped fine, a little butter, pepper, and salt. Fill the skins with this and brush the tops with the yolk of a raw egg. Bake ten minutes, or until brown.

Potatoes — Mashed.

BOIL the potatoes until mealy. Add a lump of butter, salt, and milk. Mash quickly, and when the lumps are all removed whip with a fork till creamy and fine. Cover and stand on the back of stove until heated.

Potatoes — Milk.

MASH and peel six good-sized potatoes and cut in very thin slices. Place in a dish alternate layers of potatoes and seasoning of salt, pepper, chopped parsley, and clots of butter. When all the potatoes are used, cover with milk and bake till done. If desired, an onion may be chopped fine and sprinkled in through the layers.

Potato Puff.

STIR into two cups cold mashed potatoes six teaspoons melted butter. Add two eggs beaten very light, one cup cream or milk, and salt to taste. Beat all together well and pour into a well buttered dish. Bake in a quick oven till brown.

Potatoes — Quirled.

PEEL, boil, season, and mash the potatoes, then work through a sieve or colander. Brown in the oven with a good-sized lump of butter on top.

Spinach.

WASH the spinach and pick it over carefully. Boil in salted water twenty-five minutes, then drain and chop fine. Put back over the fire with salt, pepper, and a large tablespoon butter. Beat until hot and smooth. Turn into a hot dish and garnish with two or more hard boiled eggs either sliced or chopped.

Spinach — Creamed.

COLD or freshly boiled spinach may be utilised in this way. Chop the spinach very fine and put in a saucepan with pepper, salt, and a large piece of butter and one wineglass rich cream. Simmer until very hot; then serve. Garnish with diamonds of toasted bread and one hard boiled egg sliced.

Tomatoes — Baked.

SELECT large, firm tomatoes, not too ripe; cut off a small slice from the blossom end and carefully scoop out the inside. Mix it with stale bread crumbs, salt, pepper, and a little chopped onion. Refill with dressing and a small piece of butter. Return top and bake in a hot oven thirty minutes.

Tomatoes — Escalloped.

BUTTER a deep baking-dish, and fill with alternate layers of bread crumbs and tomatoes, bits of butter, salt, and pepper, having a layer of bread crumbs on the top. Bake three-quarters of an hour, or until well browned.

Tomatoes — Fried.

SELECT large, firm tomatoes; wipe clean and cut in slices an inch thick. Dip in cracker dust or flour and fry in hot lard, bacon fat, or butter. Brown on both sides; season with salt and pepper.

Tomatoes with Macaroni.

COOK eighteen sticks of macaroni in salted water for twenty minutes. Drain and cover with a can of tomatoes, or six fresh ones. Season with salt, pepper, and butter. Boil briskly half an hour.

Tomatoes — Raw.

D PLUNGE in hot water and skin. Let them stand in the refrigerator until ice cold; then cut in very thin slices and serve on cracked ice with mayonnaise dressing or seasoning.

Tomatoes — Scrambled.

S TEW five or six good-sized tomatoes and let them cool. Beat separately the yolks and whites of six eggs. Add to the yolks one cup milk, pepper, and salt; then beat in the whites and tomatoes. Turn into a pan of hot butter and stir until well cooked. Serve on buttered toast.

Tomatoes — Stewed.

D IP the tomatoes into boiling water. Remove the skins and cut into quarters. Stew in a granite kettle one hour. Season with pepper, salt, and butter. If desired they may be sweetened with a little sugar and thickened with cracker dust.

Desserts.

“ The daintiest last to make the end most sweet.”

— Richard II., i. 3.

“ The superfluous, a very necessary thing.”

— Voltaire.

Desserts.

Apples — Baked.

CORE and wash six large greenings; place them in a deep pan; fill the holes with sugar, and sprinkle with cinnamon or grated nutmeg. Pour three-fourths of a cup hot water around them and bake in a moderate oven, basting frequently.

Apples — Beignets de Pommes.

PEEL and remove the cores from soft, tart apples, and cut in thin round slices. Plunge them into brandy, lemon juice, and one-half cup powdered sugar, until they are thoroughly flavoured. Drain and dust with flour. Heat two tablespoons butter in a pan and brown the apples in it on both sides. Sprinkle with powdered sugar and cinnamon. Serve hot.

Apples — Escalloped.

BUTTER a deep dish; sprinkle with sugar, cinnamon, and small bits of butter, and cover with a layer of peeled sliced apples. Make another layer of the sugar, cinnamon, and butter, adding a little sprinkled flour. Continue the process until the dish is full, and bake one hour in a covered dish. Serve hot or cold, with or without a sauce.

Apple Sauce.

CUT, peel, and quarter the apples. Cook in a granite kettle with enough water to prevent burning. Cook till very tender, then add sugar to taste. If preferred they may be cooked longer, and worked through a fine sieve or colander.

Apple Snow.

PEEL and grate one large apple, sprinkling over it as you grate one small cup powdered sugar to keep from turning dark. Break into this the whites of two eggs and beat in a large bowl constantly for half an hour. Heap in a glass dish and pour over it a fine smooth custard.

Apple Tapioca.

ONE-HALF cup pearl tapioca.
Three apples, pared and cored.

One pint water.


One-half teaspoon salt.

One-fourth cup sugar.

Cinnamon and grated nutmeg.

Cover the tapioca with one and one-half cups warm water, and soak five or six hours, stirring now and then. Pack the apples in a deep dish, filling the cores with sugar, and pour over them the tapioca, water, cinnamon, and nutmeg. Bake one hour, or until the apples are well cooked. Serve hot with hard sauce or cream.

Blanc Mange — Chocolate.

 ONE quart milk.

One ounce gelatine dissolved in cold water.


Four tablespoons grated chocolate.

Three-fourths cup sugar.

One teaspoon vanilla.

Heat the milk in double boiler with gelatine, add the sugar and the chocolate, after mixing the latter with milk until smooth. Cook until dissolved, then boil five minutes and strain into a mould. Serve with whipped cream. Individual moulds are much more dainty and appropriate for invalids.

Blanc Mange — Farina.

 INTO one quart boiling milk or water, salted to taste, stir slowly four heaping tablespoons farina. Boil half an hour. Pour into a wet mould and set on the ice until hardened. Serve with sugar and cream or a fruit sauce.

Blanc Mange — Irish Moss.

WASH carefully one cup Irish moss and put it in a saucepan with one quart sweet milk. Cover tight and stand it in a pail of boiling water until it begins to thicken. Sweeten and strain into moulds, and when quite firm turn out and serve with sugar and cream.

Charlotte Jelly.

SOAK one-half box gelatine in one-half pint of cold water one hour. Add one pint boiling water and one and one-half cups sugar with juice of one or more lemons. Bring it to a boil and strain in moulds to form. Cut off the tops of six Charlottes, and when the jelly is ready to serve turn it out on a dish and garnish with the Charlotte Russe tops.

Charlotte Russe.

SET the desired quantity of sweet cream on ice for at least one hour, and longer if possible. Beat and whip to a stiff froth and sweeten with powdered sugar to taste. Arrange small pieces of sponge cake or lady fingers around the outside of a dish, then pour in the cream and serve at once.

Chocolate Bavarian Cream.

SOAK one-half a box gelatine in cold water half an hour. Boil one pint milk, add the gelatine and two ounces grated chocolate, and stir until dissolved. Then add one-half cup sugar and one teaspoon vanilla. Pour into a pan and cool until it thickens; then add a pint of cream, whipped to a stiff froth. Turn into a wet mould and set it on ice over night. Serve with whipped cream.


Chocolate Cream.

SOAK one-half box gelatine in one-fourth a pint of cold water for two hours. Put one pint of milk on the fire and add one ounce grated chocolate thoroughly dissolved in one tablespoon boiling water mixed with two tablespoons sugar. Stir into the hot milk until smooth. Beat the yolks of three eggs with one-fourth cup sugar; add to the gelatine and stir in the milk. Cook three minutes longer, stirring constantly. On taking from the fire add one teaspoon vanilla and a pinch of salt. Strain and turn into moulds. Serve with a custard or cream and sugar.

Chocolate Mousse.

WHIP one gill cream stiff, add one-half an ounce grated chocolate, and two tablespoons sugar. Whip all together and turn into a freezer or pail ; pack in ice or snow and salt for four hours. When ready to use wipe outside of pail carefully so that none of the salt can get in, and turn out on a dish. Serve at once.

Custard — Baked.

 ONE quart milk.

Four eggs.

One teaspoon vanilla.

Grated nutmeg, salt, and sugar to taste.

Beat the eggs light, and mix well with the milk. Add the sugar, salt, and vanilla, and last a grating of nutmeg on the top. Bake in a moderate oven until a rich brown.

Custard — Cocoanut.

MIX one pint of milk with the milk of a cocoanut, add the grated meat, a pinch of salt, four heaping tablespoons sugar and four well-beaten eggs. Flavour with vanilla and grated nutmeg.

Custard — Farina.

TO one quart boiling milk, salted to taste, add two tablespoons farina, stirring slowly. Beat two eggs with one tablespoon sugar fifteen minutes and add to the milk after removing it from the fire. Serve cold with whipped cream sweetened and flavoured.

Custard — Farinose.

FINTO one pint boiling milk, stir slowly one tablespoon farinose, add one and one-half tablespoons sugar and a pinch of salt. After removing from fire stir in two lightly beaten eggs; turn into wet moulds. Serve with any sauce desired.

Custard — Frozen.

THREE quarts cream.
Eighteen eggs.

Two pounds sugar.

Vanilla to taste.

Heat two quarts of the cream in a double boiler over a quick fire; beat eggs to light froth with sugar, and add the hot cream slowly, stirring constantly. As soon as a coating is formed on the spoon, add the remaining quart of cream, and stir until cold. Strain and freeze.

Farina Balls.

STIR slowly half a cup farina into one pint boiling milk. Salt to taste. Pour into forms to cool or make into balls. Make a custard of the yolk of one egg, one-half teaspoon corn-starch, dissolved in cold milk, a pinch of salt, one gill milk, one tablespoon sugar, and vanilla to taste. Pour over farina, and serve ice cold.

Farina Cups.

MAKE a syrup of one pint orange juice, two cups sugar, one cup water, rind of one half an orange, juice of one lemon, and sufficient liquid to make one quart of whole. Bring to a boil and add gradually one cup farina. Cook for ten minutes, stirring constantly. Fill cups or punch glasses previously wet with cold water. When hardened and ready to serve, turn out and garnish with whipped cream and fruit. Strawberries, cut peaches, or almost any fruit may be used.

Floating Island.



NE quart milk.

Four eggs.

Sugar and vanilla to taste.

Two tablespoons corn-starch.

Heat the milk in a double boiler, and stir in the corn-starch dissolved in a little cold milk. Add the yolks of three eggs and one whole egg, and when the custard is of the consistency of thick cream turn into a dish to cool. When ready to serve beat the whites of the three eggs into a stiff froth and drop in spoonfuls on the top of the custard. A teaspoon of currant jelly may be dropped on the centre of each white if desired.

Ice — Apple.



CUT fifteen tart apples, peel and stew with one-half pint water, one-half stick vanilla (or one teaspoon liquid), and two tablespoons sugar. Boil on a quick fire, and when done strain through a fine sieve. Into this pour a wineglass of wine and the juice of three oranges. Freeze.

Ice Cream — Farina.

STIR four tablespoons farina into one quart boiling milk, one teaspoon salt one tablespoon sugar, yolks of three eggs, one teaspoon vanilla. Beat the whites of the eggs to a froth and pour over the top when cold. Set on ice and serve very cold.

Ice — Fruit.

TO one cup sugar, add one cup cold water, and boil until thick and stringy. Remove and put in a cold place until cool, then place on ice till ice cold. Have ready the fruit to be used, — peaches or berries crushed with a little sugar. Whip into the syrup and freeze.

Ice — Tapioca.

SOAK one cup flake tapioca over night. In the morning place on the stove, and when boiling hot add one cup sugar and boil until perfectly clear. Chop one pineapple, pour over it the tapioca, stir together, and turn out to form. Serve *ice cold* with cream.

Jelly — Lemon.

SOAK half a box gelatine in half a pint cold water one hour. Add one pint boiling water, one and one-half cups sugar, the rind of one lemon and the juice of two. Strain and pour in wet moulds.

Jelly — Orange.

DISSOLVE half a box of gelatine in half a cup cold water. Cut six oranges in halves; remove the pulp carefully and add to it the juice of two lemons, one cup sugar, and one cup boiling water. Stir all into the gelatine and strain. Set in moulds.

Jelly — Wine.



NE box gelatine.

Two cups sherry.

Juice and half the rind of a lemon.

Two cups sugar.

Two cups boiling water.

Soak the gelatine in half a pint cold water two hours. Mix together the sherry, hot water, lemon and sugar, and pour over the gelatine as soon as it is dissolved. Strain, and pour into a dish to harden.

Junket.



WEETEN to taste one quart fresh hot milk and allow to cool slightly. Add two tablespoons liquid rennet. Place on ice in wet moulds, and when hardened serve with sweetened cream.

Orange Sago.

COVER one cup sago with two cups cold water. Soak till water is entirely absorbed, then add another cup boiling water. Cook till the sago is clear, and pour it over four oranges peeled and sliced and with all the pits carefully removed. Set aside until cool, and serve with sugar.

Peach Broth.

THREE-FOURTHS box gelatine.
One-half pint cold water.

One-half pint peach liquor (canned).

One pint boiling water.

One and one-half cups sugar.

Six or more fresh (or canned) peaches.

Whites of five eggs, beaten stiff.

Dissolve the gelatine in the cold water and peach liquor, and add the boiling water and sugar. Let it stand until it is cool and begins to thicken. Cut the peaches into small pieces, and if fresh let them stand in half cup sugar fifteen minutes; then mash

and mix into the gelatine. Add the whites and beat all together fifteen or twenty minutes. Set on ice until cold and serve with plain or whipped cream.

Peaches — Muscovite of.

RUB enough pared peaches through a fine sieve to make a pint and a half of pulp. Add ten ounces powdered sugar, one ounce gelatine diluted in a half pint boiling water. Set the vessel containing this in a pan of cracked ice, and stir until it thickens, then stir in one and a half pints whipped cream. Pour into a mould and cover tight. Pack in ice or snow and salt for two hours.

Pineapple Whip.

GRATE and drain on a sieve one pineapple. Beat the whites of three eggs to a froth and add gradually three table-spoons powdered sugar. Beat until stiff, then flavour with one tablespoon sherry and one tablespoon orange juice. Whip one pint cream to a stiff froth and add slowly the beaten eggs. Pour in the pineapple gradually and set on the ice till very cold. Serve in ice cold punch glasses.

Pudding — Bread and Butter.

DLACE six thin slices of buttered bread in a dish. Beat three eggs in three gills milk, adding sugar and nutmeg to taste, and pour over the bread. A few well-washed currants or raisins may be added if desired. Bake one hour in a slow oven. Serve plain or with sauce if desired.

Pudding — Canary.

THREE eggs.

Sugar the weight of the eggs.

Butter half the weight of the eggs.

Finely sifted flour weight of two eggs.

Juice and rind of one lemon.

Beat butter and sugar to a cream, add lemon and rind. Add the flour gradually, and last put in the eggs beaten light. When thoroughly mixed, pour into a well-buttered mould and steam two hours. Serve with a lemon sauce.

Pudding — Lemon.

TO three pints boiling milk add one tablespoon corn-starch dissolved in cold milk, the juice and grated rind of two lemons, three tablespoons sugar, and a lump of butter. Stir constantly till thick, remove from fire, add four well-beaten eggs. Turn into moulds. Serve ice cold with cream and sugar.

Pudding — Prune.

COOK one pound prunes till quite tender. Remove stones and pick into tiny pieces. Dissolve two-thirds cup powdered sugar and two tablespoons gelatine in one cup cold water and stir into the prunes. Add the whites of four eggs beaten to a froth. Bake twenty minutes and serve with cream.

Pudding — Rice.

ONE tablespoon rice.

One pint milk.

One-quarter cup sugar.

Flavouring to taste.

Soak rice in milk two hours, add sugar and flavouring, and a pinch of salt. Bake until rice is well cooked, stirring frequently.

Pudding — Rice (Frozen).

TO one quart milk, add two tablespoons rice and three tablespoons sugar, and boil until it is reduced to a thick cream. Cool and freeze. When partly frozen add one pint cream and a wineglass sherry or white wine. Continue freezing until solid.


Pudding — Snow.

DISSOLVE half a box gelatine in one pint cold water; when soft add one pint boiling water, the juice and grated rind of two lemons, and two and one-half cups sugar. Let it stand until it is cold and begins to stiffen. Then whip in the well beaten whites of five eggs. Pour into wet moulds and place on ice. Serve with soft sauce made of one pint milk, yolks of three eggs and half a cup sugar. Flavour with vanilla.

Sabyllon.

BEAT together one egg, the yolks of two, and one-half cup sugar for a few minutes in a small saucepan. Place the pan in a pail containing boiling water, and pour in half a cup sherry, beating briskly. When it begins to thicken remove from fire and add the juice of one and one-half lemons. Set aside to cool. Serve in small quantities.

Syllabub.

 ONE pint pure cream.
Whites of two eggs.
Half a glass white wine.
One cup powdered sugar.

Whip one-half the sugar with the cream, and the other half with the eggs. Mix well, and add the wine. Pour over sweetened fruit.

Wine Whip.



NE or two cups cream.

One or one-half cup white wine.

Grated rind of one lemon.

Whites of one or three eggs.

Sugar to taste.

Whip the cream and eggs separately until both are stiff. Sweeten the cream, and add the wine and lemon rind to the eggs. Beat the eggs into the cream briskly, and as the froth rises, remove it and place in punch glass. Serve ice cold. The whip is sometimes served on cracked ice placed in the bottom of the glass.

Sauces.

"A grateful mixture forms of tart and sweet."
— J. Phillips.

Sauces.

Cream Sauce.

THREE-FOURTHS pint milk.
One egg.

Level teaspoon flour.

Sugar and flavouring to taste.

Boil the milk, beat the yolk of the egg, and add to it the flour and sufficient sugar to sweeten the cream. Stir gradually into the boiling milk. Allow the mixture to cool; then add the beaten white of the egg. Flavour to taste.

Lemon Sauce.



NE tablespoon butter.

One cup sugar.

One cup hot water.

Rind and juice of one lemon.

One egg.

Beat butter and sugar to a cream ; add lemon juice and grated rind and hot water. Set on back of range where it will not boil. Just before serving whip in the beaten egg.

Salads.

"A dish that I do love to feed upon."

— Taming of the Shrew, iv. 3.

Salads.

Salad — Celery.

WASH, scrape, and cut in small lengths, one head of celery, and mix with mayonnaise dressing.

Salad — Chicken.

REMOVE all the bones and skin from the chicken and chop very fine, seasoning with pepper and salt. Arrange in centre of lettuce leaves, and pour over a rich mayonnaise dressing. Garnish with olives.

Salad — Crab.

BOIL the crabs, and when done, cool. Remove the white meat and chop with a few lettuce leaves. Serve with mayonnaise or French dressing.

Salad — Lettuce.

WASH and arrange in a dish the whitest leaves of half a head of lettuce. Chop or cut the remaining half; mix with a mayonnaise dressing and pour in centre of leaves. A few leeks may be chopped in the salad or served on the table afterward.

Salad — Lobster.

BOIL a fresh lobster till a bright red; open, and remove all the white meat and a little of the yellow fat. Pick or cut into small pieces and chop with a few lettuce leaves and two stalks of white celery. Arrange in lettuce, and pour over a dressing.

Salad — Tomato.

PARE the tomatoes with a sharp knife ; slice, and lay in a bowl. Make dressing as follows : To one-half teaspoon salt, one teaspoon mustard, and one-half teaspoon white pepper, add two heaping tablespoons olive oil, one drop at a time, until thoroughly mixed. Whip in the yolk of one egg and three tablespoons vinegar or lemon juice. Mayonnaise dressing may be substituted for this if preferred.

Salad — Tomato, for Winter.

SOAK one-fourth package gelatine in one-fourth cup cold water. When softened, add one-half pint liquid tomatoes from a can and one teaspoon salt. Stir the whole over the fire until gelatine is dissolved, taking care that it does not boil. Turn into wet moulds and set aside to harden. Serve on lettuce or celery with mayonnaise dressing.

Mayonnaise Dressing.

Beat the yolks of two eggs in a cold deep dish, and add a pinch of salt and one-fourth teaspoon mustard; mix thoroughly. Add olive oil a drop at a time until thick. Just before serving add slowly vinegar or lemon juice to taste.

Infanfs' Food.

"Although the last, not least."

— *King Lear*, i. 1.

Infants' Food.

Barley Food.

STIR one tablespoon sifted barley flour into one small cup cold water. Mix well and stir into two cups boiling water or hot milk. Add one-half teaspoon salt; boil, and stir constantly two minutes. Sweeten with pure sugar or milk of sugar.

Barley Gruel.

STIR one teaspoon prepared barley into one quart freshly boiled water and boil one to two hours. Milk in small quantities can be added as desired. Strain, and sweeten or salt to taste.

Barley Water.

STIR two tablespoons barley into two quarts boiling water. Boil down to one quart and strain. Add white sugar or milk of sugar to taste. Serve cool. If desired, salt may be used instead of sugar.

Barley Water and Mutton Broth.

STIR two tablespoons barley into one quart mutton broth and one quart boiling water. Boil with mutton broth till barley is tender, then strain and season with salt. Heat as desired over boiling water but do not let it boil again.

Lime Water.

POUR two quarts boiling water over an inch cube of unslacked lime. Stir well, and let it stand over night. In the morning pour off the clear liquid, bottle, and keep in a cool place.

Milk Food.

SET one quart milk over night and in the morning skim off the cream. Pour over the cream one pint boiling water. Boil one tablespoon oatmeal in one quart water two hours; strain. To one gill of cream and water add two tablespoons oatmeal water. Serve warm and sweeten as served.

Milk Powder — Peptogenic.

DIRECTIONS are usually given with this preparation, but discretion should be used in the use of cream. For a child taking two to three ounces at a nursing prepare as follows :

One pint cold water.

One pint fresh milk.

Two tablespoons pure cream.

Fill with the powder the measure that comes with the bottle, and mix with a little cold water. Then mix with the water, milk, and cream, and bring slowly to a boil, which should take ten minutes. Stir constantly. This quantity should last a child a day if fed every two hours, and should be given warm (not hot).

Milk — Sterilised.

WASH thoroughly with hot water and bicarbonate of soda the bottles to be used. Fill the bottles to the neck with pure, fresh milk. Cork them with absorbent cotton, and place in a pan or pot partly filled with cold water, taking care that there is not so much water as to prevent their standing firm. Bring the milk gradually to a boil; boil three minutes, and then stand the bottles aside to cool. When cold, prepare according to directions with sterilised water, milk of sugar, salt, and lime water.

Oatmeal Gruel.

BOIL one cup Quaker Oats in two quarts water for half an hour. Strain through a sieve and sweeten or salt to taste.

**The Costume and Conduct of
the Nurse.**

The Costume and Conduct of the Nurse.

A NURSE should always be neat and tidy in her personal appearance, and dress in a quiet and becoming manner. Her clothing during the day should be of cotton goods; at night a flannel wrapper is usually worn. Jewelry is as much out of place in a sick-room as squeaky boots and rustling dresses. The use of perfumery of any sort is unwise.

THE manner of the nurse should be gentle and quiet. There is rarely any need of haste, and a nurse who does her work without confusion or bustle often imparts to the patient a calmness of mind which is most desirable. Anticipate, as far as possible, the wants of the patient, but be careful to avoid officiousness.

NEVER repeat startling or unwelcome news in the sick-room, nor permit the patient to believe that anything is amiss in the household arrangements. Any pleasant news or pleasing bit of gossip may be told him, but it is usually wise to abstain from any lengthy conversation. It is also well to remember that in most cases, when a patient is too ill to read, he is too ill to listen to any one else.

IN the case of an emergency do not do anything for the simple reason that you feel that you must do something. Quietly make up your mind what is the best thing to do, and then do it.

IN the sick-room be always cheerful and hopeful, even though the case is hopeless.

Suggestions as to the Care of
the Sick-room.

Suggestions as to the Care of the Sick-room.

IF it is practicable to select a room for an invalid, it should be on the sunny side of the house, as near as possible to the top, and capable of being thoroughly ventilated.

⊙ **F** first importance is ventilation, and it should be remembered that the thermometer does not record the purity of the air, but simply the temperature. This point cannot be too strongly emphasised, as much depends upon the quality of the air taken into the lungs.

AN excellent method of ventilating a room, especially in cold weather, is to place a piece of wood from four to six inches deep, and the width of the window frame, so that the lower sash will shut down upon it instead of upon the sill.

This will allow the outer air to come in without causing a draught.

ABSOLUTE cleanliness and tidiness are necessary in a sick-room ; the furniture should be simple and capable of being easily cleansed. Avoid all kinds of woollen draperies, and let the curtains be of white washable material.

IF possible, all medicines and the attendant paraphernalia should be kept out of sight of the patient in an adjoining room. Glasses, spoons, etc., should be washed as soon as used, and placed ready for the time when they will again be needed.

THE popular belief that flowers are unhealthful is now very generally denied. Provided that their odour is not heavy or distasteful to the invalid, and that they are perfectly fresh, flowers exert a beneficial effect rather than the contrary.

A LARGE, movable screen is of great comfort in the sick-room, and if necessary one may be easily improvised from a common clothes-horse and a shawl or sheet.

ALL dusting should be done with a damp cloth, so that the particles of dust will not fly about the room.

THE temperature of the room should be kept as even as possible. One method of keeping a room cool in hot weather is to close the windows and blinds during the day and open them in the evening.

IT is well to remember that the vitality is at its lowest between the hours of twelve midnight and four A. M., and on this account it is well to provide extra blankets in cold weather to guard against a chill.

EVERYTHING in the room should be arranged with a view to cleanliness, convenience, comfort, and simplicity.

THE END.

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